

LAM Action 2025 Annual Meeting

Saturday June 7th

(with an optional pre-meeting dinner on the evening of Friday, June 6th)

Leonardo Hotel London Watford
31-35 Clarendon Road, Watford,
Hertfordshire, WD17 1JA



LAM ACTION

Supporting women with
Lymphangioleiomyomatosis



The LAM Action 2025 Annual Meeting will be held at the Leonardo Hotel in Watford on Saturday 7th June. We wanted to let you know the date and venue now so that you can register to attend and make plans. For those who want to secure lower cost train or other travel arrangements, now might be a good time to book them.

The meeting will start around 9.30am and finish around 4pm.

We are confident that this year's annual meeting will have something of interest to everyone with LAM, as well as their family and friends. In addition to the formal Annual General Meeting of the charity, the day will include:

- A discussion about common symptoms associated with LAM and how best to deal with them
- A session about how to regain fitness or use pulmonary rehab after illness
- Family and friends will be able to attend a break-out session specifically for them
- Those with LAM will be able to benefit from a break-out session focused on breathing techniques

Of course, no meeting would be complete without a discussion of research surrounding LAM, and so we will include presentations about the prevalence of LAM, ongoing research, drug repurposing and the importance of patient engagement in rare respiratory disease.

There will be plenty of time to meet new people and catch up with old friends – with coffee/tea breaks, lunch and perhaps a cake stall and raffle throughout the day.

Please note that the meeting this year will not be streamed live and will be in a purely face-to-face format. We feel that the benefits of meeting in person once again cannot be overstated.

Venue Information and Travel Info

We are returning to Watford due to its very good road and rail links. Sitting on both the M1 and M25, it offers easy access from the rest of the South East and from the Midlands and the North. Watford Junction mainline station is 8-minute walk away from the hotel with fast connections to London, Birmingham and Manchester. Watford Metropolitan Line London Underground station is a 5-minute taxi ride away. Whilst the hotel has no on-site parking apart from a few Blue Badge spaces, guests can park in the Sutton Road multi-storey car park which is a 5-minute walk away (see map on page 3).

For details about how to get to the meeting venue, please visit the following link:

<https://www.leonardohotels.co.uk/london/leonardo-hotel-london-watford/location>

Meeting Attendance and Accommodation

The day delegate rate the hotel is charging us is £39 per head, and LAM Action will cover this cost for all LAM patients and up to one person accompanying them.

As we are aware that some of you will be travelling quite long distances, we have arranged for a limited number of hotel rooms to be reserved for the night of 6th June for those attending the meeting.

Rooms for 6th June for single occupancy on a bed and breakfast basis are available at a cost of £129. This is a special rate available as part of the deal negotiated with the hotel. LAM Action will subsidise every room booked for 6th June by £61, but please ensure you keep your hotel receipt so that you can claim this extra discount afterwards.

To reserve a room at the favourable £129 rate, please follow this link: [Booking Link](#) and ensure that the check-in date is 06/06/2025, that the check-out date is 07/06/2025, that occupancy is selected to 1 guest, that nights is selected to 1 and enter Promo Code **LHLAMA060625**. Please note that the hotel will charge a £12 supplement for double occupancy.

Anyone who requires an accessible room should make the booking via the same link as above and then contact the hotel directly, with the reservation number and requirements explained so that a suitable room can be allocated.

Rooms must be reserved by **7th May**, at which time they will be released for general sale. Rooms may be available after that date, but they will be subject to availability and at best available rates. An individual cancellation notice given seven days or less before 6th June will be 100% chargeable.

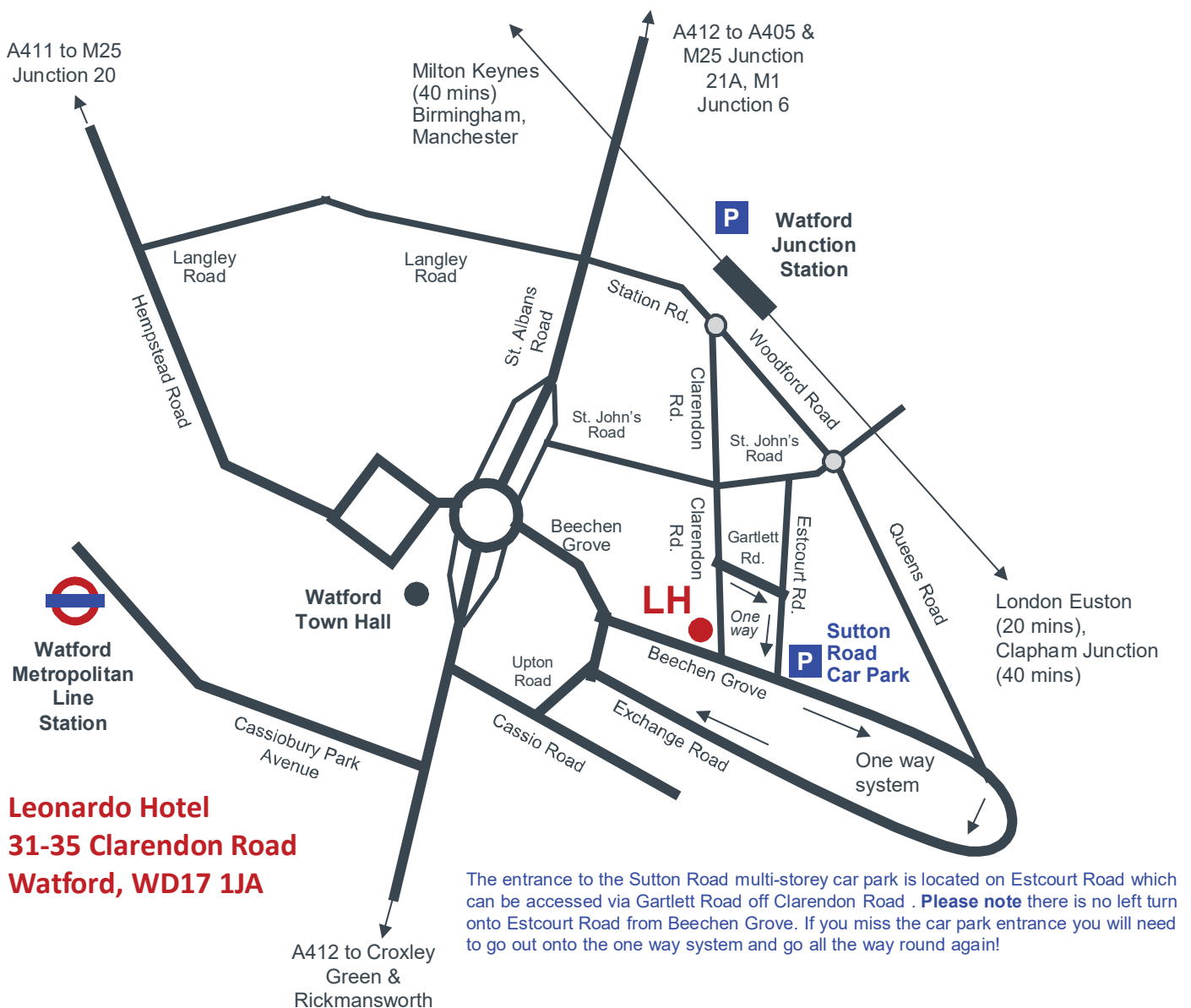
For those staying overnight, we will book a table for a dinner the night of 6th June. This will be a three-course meal from the hotel at a cost to you of £35 per person, with choices (including vegetarian) to be selected in advance. If you would like to join us, please let Jill Pateman know so that she can ensure there is enough space to accommodate everybody. You must let Jill know that you would like to attend the dinner (and your menu choices from page 4) no later than **20th May**.

We really would like to encourage as many people as possible to attend, so if anyone is struggling to pay for their travel, please apply to Jill in confidence as some assistance towards your costs may be available.

To register for the meeting please complete the booking form on page 5 and return it to Jill either by post or email.

We look forward to seeing you in Watford in June!

We would be most grateful for any raffle prize donations. Please let Jill Pateman know if you can contribute some prizes. Or if you would like to bake some cakes for us to sell at the cake stall that would be wonderful - please bring them with you on the day. Thank you!





**3 Course
Evening Dinner**

Friday June 6th

**£35.00 Per
Person**

Menu Choices: Please choose 1 starter, 1 main course & 1 dessert

Starters

1. Homemade Vegetable Soup Served with Bread Rolls
2. Cherry Tomatoes, Bocconi & Basil Salad with aged Balsamic Dressing
3. BBQ Chicken Wings with Lime & Chilli Salsa
4. Black Bean & Roasted Red Pepper Quesadillas with Guacamole

Main Courses

1. Pan fried Chicken supreme, served with Mushroom Wine Cream Sauce, Gratins potato, Tender stem Broccoli & Baton Carrot
2. Grilled Rump Steak, served with Grilled Beef tomato, Flat Mushroom & Seasonal Vegetables & Peppercorn sauce
3. Grilled Salmon, served with Butter Lemon Cream Sauce, Pan Fried Vegetables & Baby Potatoes
4. Spinach & Ricotta Tortellini, served with Pesto Cream Sauce, Garlic bread & dressed Rocket Leaves

Desserts

1. Lemon Cheesecake
2. Biscoff Cheesecake
3. Chocolate & Salted Caramel Torte
4. Fresh Fruit Salad

LAM Action Annual Meeting Saturday 7th June 2025

REGISTRATION FORM



(If completing by hand, please use CAPITALS)

Name

Address

Phone: email:

I AM PLANNING TO ATTEND THE ANNUAL MEETING

Please refer to LAM Action's Privacy Policy: <http://lamaction.org/privacy/>

I would like to bring number of guests

Names of Guests (for badges)

Our annual meeting includes catered lunch and refreshments. Please let us know of any special dietary requirements

I am a member of LAM Action YES NO I intend to book accommodation with the hotel YES NO

ATTENDING DINNER on FRIDAY 6th JUNE (Please see the menu choices on the previous page)

I will be attending the dinner YES NO I would like to bring guests

My menu choices are (please include guest choices as well):-

Myself	Starter	<input type="text"/>	Main	<input type="text"/>	Dess.	<input type="text"/>
Guest1	Starter	<input type="text"/>	Main	<input type="text"/>	Dess.	<input type="text"/>
Guest2	Starter	<input type="text"/>	Main	<input type="text"/>	Dess.	<input type="text"/>

Payment for the dinner (£35 per head) will be taken on the night either via card reader or in cash.

Please return this booking form by **20TH MAY** to:

Jill Pateman, LAM Action, PO Box 10933, Newark NG24 9QG

Tel: 07710 527636 Email: jill.pateman@office.lamaction.org

We are able to provide small financial bursaries for any women with LAM who would be deterred from coming to the meeting due to financial difficulties. Contact Jill, in confidence, for details.

In registering to attend our annual meeting, we would appreciate your agreeing to (Please tick box if you agree):

grant LAM Action permission to record, store and use images or video of you throughout the world in any media, including in LAM Action's printed publications, presentations and promotional materials, in the advertising of LAM Action's services, on LAM Action's website and/or in the streaming or broadcast of LAM Action's annual meeting; and

LAM Action: storing copies of the images or video for the purposes identified above, or storing your contact details on our database in case we need to contact you; sharing copies of the images or video with our website providers, our PR agents Empica or other third parties for the purposes identified above; or transferring or storing copies of the images or video and your contact details to a destination outside the European Economic Area (EEA), or storing them at a destination outside the EEA for the purposes identified above. The privacy and data protection laws in the country of destination may not be equivalent to those in your country of residence, although LAM Action has adopted measures to keep the above materials and information private and secure.

Please refer to LAM Action's Privacy Policy: <http://lamaction.org/privacy/>